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GOVERNMENT OF SASKATCHEWAN
DEPARTMENT OF PUBLIC HEALTH

BULLETIN No. 31 (a)

**"THE
TOURIST
TYPHOID
CARRIER"**

by

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Published under the direction of

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Copies of this Bulletin may be obtained
from the

Department of Public Health,
Regina, Saskatchewan.

1941

THE TOURIST TYPHOID CARRIER

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Typhoid fever is today chiefly contracted, not wholesale and from water, as it was a few years ago, but retail and from carriers. Only five per cent. of the amount of typhoid fever exists now that existed 15 years ago; but remember, typhoid patients now, although far less numerous than then, are just as sick as ever, and if they die, are just as dead. Therefore, though the chances of contracting typhoid now are but one-twentieth of those in the past, it is wise to know how to avoid having it at all.

The typhoid carrier is a *perfectly well person*, who has had the misfortune to become infested with the typhoid germ in such a manner that, although the typhoid carrier himself is perfectly well, he can pass on to his associates the typhoid germs which are quite harmless to him; but which in his associates often produce disease and death.

HIS PHILOSOPHY OF LIFE

Do what you can, with what you have, wherever you are.—*Theodore Roosevelt.*

The typhoid carrier of today is no more common than he was 15 to 50 years ago, but since the wholesale methods of spread through water have practically gone out of business, he has become more prominent; in fact, he does almost all of the 5 per cent. of the old business that still is done.

Such persons are far from rare; one state has no less than 129 typhoid carriers on its "roll of dangerous persons". Unless most carefully instructed and supervised, such persons are a constant menace directly to their everyday associates; and if their discharges enter a water supply or a milk supply or a food supply or are carried by flies, any one of them may give rise to a real old fashioned typhoid epidemic on a large scale.

All public health people are interested in, and watch carefully with both eyes, all known typhoid carriers who are at large in the community; but they dread still more the unknown ones; since these, not yet identified and brought under supervision, not aware themselves of the dangerous germs they carry, are just the ones most likely to be careless and therefore to spread the disease.

Any tourist, like any other citizen, may himself, all unknowingly, be a typhoid carrier and so carry his typhoid germs into communities or camps or trail that he visits. He may pass on his typhoid germs to his fellow-campers, to casual acquaintances, to wayside guests; or, if careless of his discharges, to the water of the streams or lakes he visits. If he is a good cook he will be in great demand in camp and thus have special opportunity, unknowingly of course, to infect those whom he serves, through the food he handles.

True, carriers are not so common that any large number of tourists are likely to be carriers, but some tourists surely are; hence, precautions by tourists in entering into close association with stranger tourists, which is wise on many other grounds, is wise on this one also.

The community, while welcoming the tourist warmly, should not forget that some of the tourists are dangerous to the community, the community water supply, etc.; and in furnishing camping facilities to tourists, should be

careful not to furnish also infection facilities to their germs. For instance, tourist camps should never be located near an open public reservoir or on a stream, especially one used for a water supply, unless every precaution to avoid polluting the stream is taken by all concerned.

Conversely, the tourist must himself consider the communities he encounters, the tradesmen, the tourist comrades he may meet, as possible sources of infection to himself and to his fellow-travellers; as to other diseases of course, but particularly as to typhoid.

While these warnings against typhoid carriers are here applied especially to tourists, all other travellers, harvest hands, tramps, are especially to be regarded with suspicion. Harvest hands, particularly, often share the family meals at the farmer's home where they are working; and, if typhoid carriers exist amongst the hands, have in the past and may in the future, introduce all unwittingly disease, sorrow and death during their stay.

The typhoid carrier is dangerous, exactly like the typhoid case, through the typhoid germ-laden discharges of his bladder and bowels. These discharges may be carelessly admitted to a stream, pond or lake, etc.; and the waters thus contaminated with the typhoid germs may be with equal carelessness used for drinking purposes by other tourists or even by some community situated on the banks.

But besides the wholesale infection of a water supply by these discharges in bulk, the typhoid carrier as often or even more often transfers his typhoid germs to other people *on his hands*. Few people fail, sometime or other during each day, to get upon one hand or the other some of one or other of these discharges, and *some people fail*, every day, to remove such discharges by immediate and most diligent washing. Bad enough as this may seem when ordinary healthy discharges are

concerned, it becomes dangerous, even deadly, when typhoid-laden discharges are thus entered upon an open road to other people's mouths. Consider how such typhoid-infected hands may be used for milking cows, for handling other of your food, or your cups or spoons; indeed, to shake hands with you and so infect your hand, which will soon go to your mouth for some purpose or other.

Again, such discharges, if deposited in non-fly proof toilets or left uncovered in the open by careless campers, may easily be carried by flies to neighboring houses or camps and there deposited in the milk or on the bread or cake or jam visited by the flies.

PRECAUTIONS

These are for the tourist who is a typhoid carrier and knows it—but also for the one who is a typhoid carrier and doesn't know it; why not for the tourist who isn't a typhoid carrier at all—*why not for all persons?*

1. Do not let the discharge of your bladder or bowel contaminate anything from which any other person may unwittingly get your germs, whether they are typhoid germs or not.

Therefore, on your tours, use proper toilets provided for the purpose where possible, and wash your hands thoroughly after use.

OR

When you make your own camp provide, *at once*, the moment that your tent is up, a small pit for your discharges, covering each deposit therein, whether from you bladder or bowel, with earth. (A sheet, 6 feet x 25 feet, wound about four convenient trees or stakes is useful as a screen.)

2. When *en route*, discharges of the bladder may be safely placed in any hollow where there is no flow over the surface (except in limestone country.) Bowel discharges should be deposited in a small pit and covered with earth as before. In limestone country, chloride

of lime should be deposited in the hollow first and the discharges deposited on the lime, then covered.

CONVERSELY

Encouraging other campers to protect *ou* as carefully as you protect them. Do not let strangers handle your food after it is cooked. Boil all water, unless obtained from a good public water supply, and boil all milk, unless pasteurised or canned; thoroughly wash and peel all fruits or vegetables to be eaten raw. Take no chances—Safety First.

CHLORINATING WATER

It is sometimes inconvenient, even impracticable to boil water of which you are suspicious, yet which you must use or go without. The following is a simple, rapid method of killing typhoid germs present in water.

A solution of chloride of lime (bleaching powder or calcium hypochlorite) or of sodium hypochlorite is made up by a druggist for you and carried by you in a brown glass bottle. The strength should be such that say five drops added to a glass of water will equal one part in a million of chlorine. A medicine dropper may be carried to manage the drops. Add five drops as above to the glass full of water and let it stand twenty minutes before drinking it. Larger amounts of water may be similarly treated by adding larger amounts of the solution in the same proportions.

IMMUNITY

You may, of course, have yourself immunized against typhoid, as our soldiers were during the war. It is a very simple process and protects you for about two years. Ask your physician about it. He will tell you the details and immunize you if you wish.

Regina: Thos. H. McConica, King's Printer